

## Appendix F

### **Quick Source Guide To Recordable Requirements** **OSHA Regulations 1904.5 – 1904.7**

The event or exposure resulting in injury or illness is **PRESUMED TO BE WORK RELATED IF:** It occurred in the work environment and the event or exposure either **caused** or **contributed to** the resulting condition or **significantly aggravated** a pre-existing injury or illness.

#### **Basic Requirements:**

- Death
- Days away from work beyond the day of the injury
- Restricted work or transfer to another job
- Loss of consciousness
- A significant injury or illness diagnosed by a physician or other licensed health care professional
- Medical treatment beyond first aid

#### **Definition of First Aid:**

- Using a non-prescription at non-prescription strength
- Administering tetanus immunizations
- Cleaning, flushing or soaking wounds on the surface of the skin
- Using wound coverings such as bandages
- Using hot or cold therapy
- Using non-rigid means of support, such as elastic bandages or wraps
- Temporary immobilization devices for transporting accident victim
- Drilling of a fingernail or toenail to relieve pressure or draining fluid from a blister
- Using an eye patch
- Removing foreign bodies from the eye using only irrigation or a cotton swab
- Removing splinters or foreign material from areas other than the eye by irrigation, tweezers, cotton swabs or other simple means
- Using finger guards
- Using massages
- Drinking fluids for relief of heat stress